

Meet the New Central Coast SSAN Member David Forderer



By David Forderer

I was born in upstate New York and given up at birth. I was not adopted until the age of 10 years old by my California parents. I was raised with 26 other adopted brothers from all over the world. My parents were committed to raising all my brothers with love and the support and understanding that we could succeed in this world.

I became interested in advocacy and disability rights because my parents were such huge advocates for all disabled individuals.

I attended De Anza college in Cupertino CA, **(Continue on page 2: “David”)**

In this edition of the Voices of
SSAN

Meet the New Central Coast
SSAN Member
Disability Pride
Lanterman Act Rally
Golden State Warriors Game
Celebrating 30 Years of
Employment at McDonalds
New App for ADHD
Kudos Corner
Updates on Self-Determination
Save the Dates



Check out the Statewide Self
Advocacy Network (SSAN)
webpage:

www.scdd.ca.gov/selfadvocacy



– SSAN Newsletter Editor –

Robert Levy

Contributors to this edition:

David Forderer Paul Mansell
Robert Balderama Robert Levy
Chen Curtiss Nicole Patterson

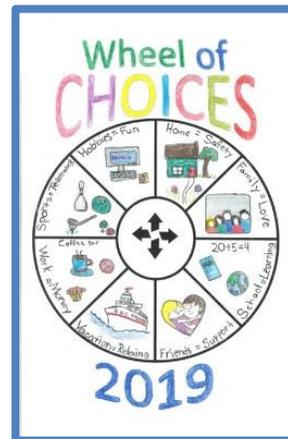
(Continued from page 1 “David”)
 where I became the first disabled individual elected to the student council. I attended San Francisco State University where I became involved in efforts to improve access for students with disabilities. I have served in an advisory capacity on several different nonprofits and local governments, including the SF Giants, San Andreas Regional Center, San Jose Unified School District, Silicon Valley Independent Living Center, and Hope Services.

I am excited to be a part of SSAN again, previously, I was serving as the SCDD Representative while I was a member of the Council.

I currently live in my own apartment in San Jose, CA, and have been here for more than 12 years with my roommate and caregiver Raymond. To this date my life’s passion continues to be centered around politics and advocating for the disabled population. I look forward to contributing to SSAN through using my experience and helping to grow the cross-disability training network in California.

2019 Choices Conference

By Self-Advocacy Council 6



This year's theme was "Wheel of CHOICES." We heard from many of our colleagues about the choices that they make that impact their lives. Congratulations to all of the award winners, and great job to all of the presenters! The micro business fair was great too! SAC6 also had a table with information. Thank you to all of the agencies and volunteers who collaborated to make the CHOICES Conference 2019 a success! **(Continue to page 3: “Choices”)**

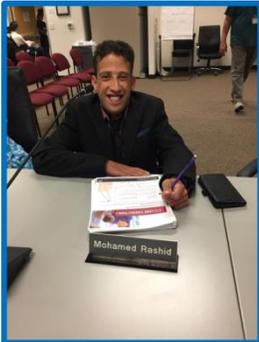
(Continued from page 2:
“Choices”)

CHOICES Keynote

**Speakers did a SUPER
JOB!**



PJ Swan
Diana Powell
San Joaquin County
Tuolumne County



Mohamed Rashid
Stanislaus County



Cameron Rood
Calaveras County



Diana Powell
Tuolumne County

**And thanks to Tim Cabral for co-
emceeding!**

Disability Pride: Be Happy

By Paul Mansell

Most of my life I viewed my disabilities through the medical model. I had a diagnosis and a prognosis, labels. I saw myself as broken, needing to be fixed by health care professionals. They couldn't fix me, so I was really stuck. I was ashamed of my disabilities and I tried my best to conceal them. It was a huge mental load to carry and got me nowhere. My chief ambition was to be a well behaved, compliant patient, and hide my disabilities as much as possible.

I talked to my ILS worker and told her the load I was carrying and how it was weighing me down. I told her how accurate my view was, how I saw doctors for my disabilities, took medicines for my disabilities, and had blood work done for them. She listened to me and then said was my view getting me anywhere. I said “no” and I began to reconsider how I looked at my disabilities.
(Continue on page 4: “Pride”)



VOICES of SSAN

June 2019 Volume 17

(Continued from page 3: “Pride”)

It is my experience that changes in long time and deeply held beliefs don't happen all at once. They happen in baby steps. The first was to identify my strengths and my accomplishments. The next was to look at my future. This was all very positive and was easy to celebrate and take pride in myself.

This left me in a conundrum. Here I was trying to celebrate part of my life and be ashamed about other parts of my life. It didn't work for me. My disability experience is a big part of who I am, and it has influenced my thoughts, feelings, and values. I can clearly say that I would not be the same person without my disabilities. I am definitely more patient, persistent, and tolerant than I would otherwise been. In this I am most grateful for.

Seeing the totality of who I am, led me to decide I wanted to celebrate all of me—my strengths, abilities, accomplishments, my disabilities, and my limitations. It may seem counter intuitive to celebrate having tonic clonic seizures, but it became the only logical thing to do for me. All of this change of thought and

attitude, like I said, came in baby steps, but it did come because I wanted to be authentic to myself.

I was celebrating all of me and I was feeling a load was lifted from my shoulders. People noticed this and complimented me on my change in disposition. This made me feel even better. Then I took another step. I decided to take pride in my disabilities as part of taking pride in my whole self. I felt I couldn't pick and choose what about me I had pride in. I was proud of all of me. This made me feel truly liberated. I felt so free like an eagle soaring in the skies.

The thought came to me that I should take another baby step. I have been taking a lot of baby steps these days. The thought was to help others celebrate their entire selves including their disabilities. I want to free others of guilt, shame, and dependency. I believe we all have a right to happiness, and we should not let health issues or social attitudes get in the way of experiencing the joy and wonder of life. Life is brief. One moment it is here and the next it is gone.

(Continue on page 5: “Pride”)

(Continued from page 4: “Pride”)

Let’s cherish the here and now, and not let the trivial matters get in the way. Each person is unique, valuable, meaningful, and worthy of respect. Let’s be happy!

Lanterman Act Rally

**By Robert Levy SSAN
UCEDD UC Davis MIND
Institute Rep**



The Lanterman Act rallies were held in Sacramento, Los Angeles and San Diego California on Wednesday, April 3, 2019. There so many people who attended throughout the State of California. The attendees in Sacramento like my Lead Support Facilitator Todd Fujiwara, and 3 other Support Facilitators they were Beth Argo, Deborah Henry and Paul Urtz were along with my 5 co-workers here at

PEC Citrus Heights office and the PEC Citrus Heights clients they are Elia Tinsley, Sam Pertz, Megan Folies, Brandon Folies, Mike Roina (PEC Staff member), Connor Lutz, Rick Emmett, David Roberts, Tony Shewell, Ben Canaan and much more were along of all the attendees here In Sacramento. It was at the Crest Theater, the location was at 1303 10th Street Sacramento, California 95814. On Friday April 5, 2019 between both Los Angeles and San Diego they were a lot of attendees too. The People with disabilities want to have the California lawmakers to keep the funds and the services going and not be taken away from them. If they lost their funds people like me and other people throughout the State would be limited without these services. People with disabilities should have a right to be equal as everyone else. By taking the funds and services away won't solve anything it would make us not have a productive life and we would have to be forced to. sit at home and watch TV 24/7/365 or 366 days a year being a wasted time.

**(Continue on page 6:
“Lanterman”)**

(Continued from page 5: “Lanterman”) The people with disabilities would have no employment or help out in the community. People with disabilities would not be collecting a paycheck other people with disabilities who don’t have a job wouldn’t be able to volunteer or help out in the community or looking for employment that fits their skills. Like PEC or CES and many agencies thought out the state would have to shut down if the California lawmakers couldn’t keep the funds going. I think that the California lawmakers need to keep funds going so people like me and many others with a disability throughout the State would have productive life and not have to be needy. We should have a right to work or help out in the community as much as everybody who is not disable and we are all equal and we should not be segregated and we all deserve to be included in our society. So for all the California lawmakers: let’s do the right thing and keep these funds going. Here are the two different flyer links from the rallies throughout the State of California in Sacramento, Los Angeles and San

Diego: <https://ddso.org/?event=4-3-keep-the-promise-rally-at-the-capitol> or at <http://thearcca.org/tag/advocacy/>.

Golden State Warriors Game

By Chen Curtiss



On April 2nd I traveled with a friend from Church to see my favorite basketball team, the Golden State Warriors play the Denver Nuggets in Oakland. I like the Golden State Warriors because they are a really good team.

I went to the game with my friend from church, his name is Robert. In order to go to the game, I had to plan with Robert about a month before the game, to find a time when we could both go. I asked if he wanted to go see the Warriors play, he said yes and offered to drive to the game. Robert and I drove from Fairfield to Oakland, where the game was held.

(Continue on page 7: “Warriors”)



VOICES of SSAN

June 2019 Volume 17

**(Continued from page 6:
Warriors)**

I enjoyed the ride because I got to see different parts of California. This was the second time that I got to see the Warriors play. It was really cool to see a lot of people enjoying the Warriors game with me. I enjoyed eating my sushi at the game while I watched the Warriors win. My favorite player on the Warriors is Stephen Curry, who is the Point Guard and wears number 30. During the game, Curry scored and got five rebounds and five assists. It was really exciting to watch. The final score was, Warriors: 116, Nuggets: 102. Let's hear it for the Warriors!

Peggy Lombardi Celebrates 30 Years of Employment at McDonalds

**by Robert Levy SSAN
UCEDD UC Davis MIND
Institute Rep**

Here is one of example of a person with a disability who has been a longtime employee. Her name is Peggy Lombardi. I meet her on the bus when she is on the way home from work every day. She works part-time 5 days a week. Peggy is a hard worker and she likes her job by helping out with the customers. On Wednesday April 3, 2019 she got a big surprise she thought she was scheduled to work but instead she got a day off from work when all the news stations came out to Peggy's work employment and she was interviewed with some of her employers along with some of the customers. She got a 30 year pin, a name badge that said 30 years, an award that said 30 years of service, a watch that says McDonalds and she was featured in the Sacramento Bee. **(Continue on page 8:
"Celebrates")**



VOICES of SSAN

June 2019 Volume 17

(Continued from page 7: “Celebrates”) They served cake and all the local news stations in Sacramento were there: ABC News 10, KCRA 3, KOVR 13, CW 31 which is Good Day, Fox 40 News and KQCA 58, where they interviewed Peggy and her support staff. The newscasters asked a question to Peggy:

Are you planning on retiring from McDonald’s any time soon?

Peggy’s answer was no. “I want to keep on working. I like my job at McDonalds and I wouldn’t have nothing to do.” Her job helps her to pay for her food, she gets her groceries at Winco that she needs for the week and uses her paycheck to pay rent when it’s due every 6 months. She likes her job that she is doing, so much, that all the Newscasters said: “She has no plans on retiring anytime soon”. Customers from McDonalds said that if Peggy decided to retire or quit working at McDonald’s: they would miss her and “it wouldn’t be the same over there at McDonald’s anymore without Peggy”. Peggy gets help from a job coach to support to live independently.

Peggy started her employment at McDonald’s when she got an offer from Pride Industries to work in the community in Competitive Integrated Employment and she said she would take the offer even though it was at McDonalds and so she did. Her first day of work was on Monday April 3, 1989 and she needed a lot of support then. Over the last 30 years she has seen a lot of people out in the community come and out in life. But now she just started her 31st year of service over at McDonald’s. Over the last 30 years, she has only moved once when they moved the McDonalds by about 50 feet.

In its place, they decided to put up an AT&T Store and a Starbucks coffee shop. I think other people with disabilities should work and be employed, they too might be like Peggy and work at McDonalds for 30 years and counting. People like Peggy are grateful to be employed and are an example of the difference having Competitive Integrated Employment makes in a person’s life. Peggy is also an example of how to move away from sheltered workshops. **(Continue on page 9: “Celebrates”)**



VOICES of SSAN

June 2019 Volume 17

**(Continued from page 8:
“Celebrates”)**

Other people with a disability should have a right to work at Competitive Integrated Employment for as long as anyone wants to work over at there employment plus we are equal and with a disability should deserve to be included in a Competitive Integrated Employment program with Supported Employment. That’s very rare that person with a disability could be working at McDonalds for 30 years and counting. Here is the link for KCRA TV McDonalds Employee / Pride Industries client Peggy Lombardi the link is at <https://www.kcra.com/article/peggy-lombardi-mcdonalds-30-years/27037179>

Here is the link CBS 13 McDonalds Employee / Pride Industries client Peggy Lombardi: <https://sacramento.cbslocal.com/2019/04/03/mcdonalds-employee-30-years/>

A New App for ADHD

**by Robert Levy a SSAN
UCEDD UCD MIND Institute
Rep**

Dr. Julie B. Schweizer a UC Davis employee her job title being a Director, Attention, Impulsivity, Regulation (AIR)/ADHD Program UC Davis MIND Institute; Co-Center Mentoring Director of the MIND Institute; Co-Director, Mentored Clinical Research Training Program – CTSC, UC Davis; Director, UC Davis Schools of Health Mentoring Academy; Professor, Department of Psychiatry and Behavioral Sciences, UC Davis School of Medicine. Her education background is that she attended USC where she earned her AA degree in 1982 and she attended UMASS outside of Springfield, Mass where she earned a MS degree in 1987 and she continued attending college to get another degree at UMASS located outside of Springfield, Mass where she earned a PHD degree in 1990. This a new tool that the UCD MIND Institute created and how it works **(Continue on page 10: “New”)**



VOICES of SSAN

June 2019 Volume 17

(Continued from page 9: “New”)

this part of that Dr. Julie B.

Schweizer was video interviewed at the UCD MIND Institute by Dorothy little over a 14-minute Youtube video and check it out the Youtube video link is at:

<https://www.facebook.com/UCDMIN/videos/vb.110901298924697/283932585815905/?type=2&theater>

SSAN Kudos Corner

Robert Levy takes his job representing the MIND Institute on the SSAN seriously and truly believes in the purpose. He has been an active member of the SSAN since it began in 2012. Out of twenty-eight meetings that we’ve had, he has only missed one. As Co-Chair of the Newsletter workgroup he has led the SSAN in completing 19 issues. Robert is someone you can always rely on to be positive, ready, and committed to carrying out his obligations to the team. Robert, thank you for your dedication to the work of the SSAN. Kudos to you!!

Local Advisory Committees

As the Self-Determination Program (SDP) begins statewide, local Self-Determination Advisory Committees continue to meet on a regular basis. Per [WIC 4685.8 \(x\)\(1\)](#), “Each regional center shall establish a local volunteer advisory committee to provide oversight of the Self-Determination Program...the committee shall review the development and on-going progress of the Self-Determination Program...”

Attend a meeting to get the latest information on SDP at your Regional Center. Contact your local Regional Center or Local State Council on Developmental Disabilities Regional Office regarding the date of the next Self-Determination Local Advisory Committee meeting in your community.



An Artist's Best Life

Wesly, twin brother to Denis, is 24, an artist, and was recently selected to participate in the Eastern Los Angeles Regional Center's SDP. His mom, Elizabeth shared that she is excited about SDP because “it is really about self ...self determination! He will have a chance to be a part of creating his best life, not just an ‘appropriate’ life but his best life. Everybody should have that chance.” Freedom, the freedom to have a meaningful life is one of the principles of Self-Determination, as is Support. “Even in our freest moments, we need support, support to make our visions happen,” shared Elizabeth. Read more about all five principles of Self-Determination on the DDS website at <https://www.dds.ca.gov/SDP/>

Question of the Day

Q: I wasn't picked for the SDP when the first 2500 participants were selected in October of 2018, will I have another chance to participate?

A: Yes. If you attended an Informational Meeting and the organization hosting that meeting submitted your name to DDS for potential enrollment in SDP, your name is now on a list with DDS for future participation in the SDP. Your name will stay on the DDS list in the event space opens in the program. DDS will announce timing for future selections at a later date. After the first three years, the Self-Determination Program will be open to anyone who is interested.

Read more about SDP Enrollment at

<https://www.dds.ca.gov/SDP/sdpEnrollment.cfm>

Artwork by new SDP Participant, Wesly from Temple City, California



WANT MORE INFORMATION ABOUT SELF-DETERMINATION?

- ◆ Visit the Self-Determination Page of the DDS website at <https://www.dds.ca.gov/SDP/>
- ◆ Attend a Self-Determination Local Advisory Committee Meeting, contact your Regional Center or Local State Council on Developmental Disabilities Regional Office

SELF-DETERMINATION

UPDATE MAY 10, 2019

Person Centered Planning Services

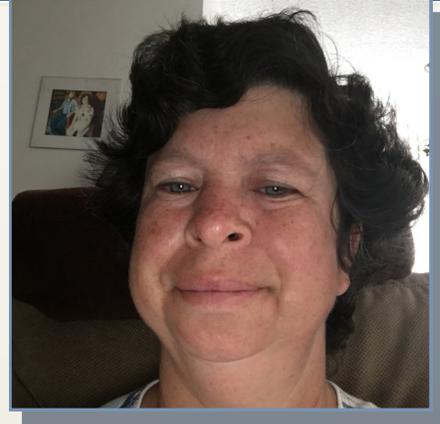
What to Expect? What to Pay?

Prior to participation in the Self-Determination Program (SDP,) a potential participant may request person-centered planning (PCP) services, in addition to those provided by the regional center, to assist with the comprehensive planning to inform the development of the Individual Program Plan (IPP.) DDS recently provided further clarification regarding these services, including what to expect from the person or organization providing this service and appropriate costs. Read the full update on PCP services posted in the frequently asked questions area on the DDS website at

<https://www.dds.ca.gov/SDP/faq.cfm>

Contact your Regional Center for more information or read the DDS correspondence on initial PCP services at

<https://www.dds.ca.gov/SDP/docs/personCenteredPlanning.pdf>



Self Determined Self Advocate

Mara is a Self-Advocate who sees the value of serving as Co-Chair of the SDP Local Advisory Committee (LAC) at Tri Counties Regional Center. “Several years ago I learned about SDP. I had no idea what it was, so I went to a meeting and I learned what it was all about and got so interested that I volunteered to be on the LAC.” Mara advises other Self-Advocates who may be interested in SDP to learn more by talking to their Regional Center worker and attending LAC and other advocacy meetings. She says to “be ready for a new change ” because, in her words, SDP is “a totally different program, it’s run differently, and is not like a regular program” because “you are more in charge.” Self-Advocates at the Central Valley Regional Center made a video that talks about a meaningful life in the community through SDP, view it at www.cvrc.org/self-determination-program.

Question of the Day

Q: How much responsibility will participants or their family have if they choose to participate in SDP?

A: Self-Determination provides individuals more choice and flexibility in selecting services and supports, who provides them, and how money in the individual budget is spent. The Regional Center continues to be a source of support in SDP. Participants may also choose to get help with these tasks from an Independent Facilitator. The participant will also need to choose a Financial Management Services entity that will work with him or her to monitor an individual budget, verify provider qualifications, and pay providers.

Watch an informational video about SDP at

<https://www.dds.ca.gov/SDP/videos.cfm>

WANT MORE INFORMATION ABOUT SELF -DETERMINATION?

- ◆ Visit the Self-Determination Page of the DDS website at <https://www.dds.ca.gov/SDP/>
- ◆ Attend a Self-Determination Local Advisory Committee Meeting, contact your Regional Center or Local State Council on Developmental Disabilities Regional Office



VOICES of SSAN

June 2019 Volume 17



SSAN Members

- Nathaniel Florez – North Coast
- Teresa Moshier – North State
- Lisa Cooley – Sacramento
- Chen Curtiss – North Bay
- Regina Woodliff – Bay Area
- Robert Balderama – North Valley Hills
- David Forderer – Central Coast
- Rebecca Donabed – Sequoia
- Julie Gaona – Los Angeles
- Sean Sullivan – Orange County
- Daniel Fouste – San Bernardino
- Paul Mansell – San Diego Imperial
- Desiree Boykin – ARCA
- Renee Wooten – CFILC
- Nicole Patterson – DDS
- Scott Barron – DRC
- Robert Levy – UC Davis Mind Institute
- Kecia Weller UCLA Tarjan Center
- Wesley Witherspoon – SCDD and USC Children’s Hospital

SAVE THE DATES

**San Diego People
First Meeting**

December 6th-7th

**Where: Crowne
Plaza Mission Bay**



**California People
First Meeting**

June 7th – 9th

**Where DoubleTree
Sacramento**